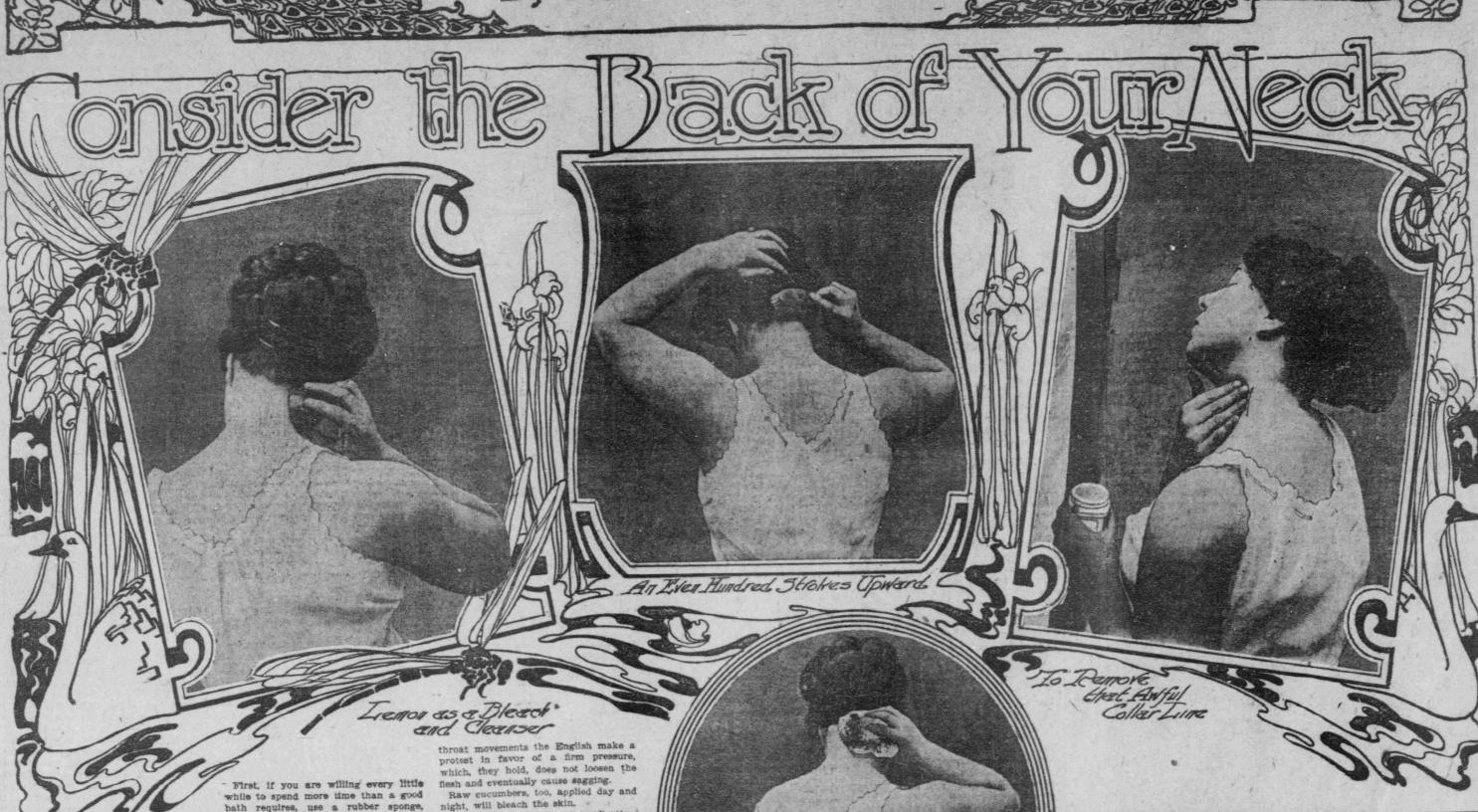
## NCERNING HEALTH and BEAUTY By MRS. HENRY SYMES



matters pertaining to your good looks, suggest that you take the back of your neck into serious consideration.

I have been appalled at times to see that nice-looking women who were otherwise well kept had, seemingly, forotherwise well kept thad, seemingly, forgotten to give more than a passing touch to the back of a beautiful neck.

Happily many women have a sister or a mother or a daughter to remind them of these neglected points; but, sad to relate, there are others who live alone, and to them I would urge such necessary care as personal beauty and charm suggest and ordinary cleanliness demands

bath requires, use a rubber sponge, lukewarm water and pure soap to remove every vestige of city dust (country dust has sticking qualities as well). Do this after you have put on a of skin made up of provokingly large

Secondly, remember that the half of a lemon is your best friend. Use it as a bleach and a cleanser. It is astringent as well, and tends to the closing of overlarge pores and the keeping out of

superfluous dust. To remove that awful collar line, press -using the London method of massage -with skin food. If you rub, do it with an upward motion; but for all neck and

Almond paste, my next application, smoothes and whitens; it may be left on a haif hour or even longer, for you can read with bowed head, improving

brush will do it; an even hundred strokes will be an overplus, and each stroke should carry the friction into the scalp and move firmly upward.

A regular portion of your time spent in this good work once a week will give sufficient evidence to prove that your labor has not been in vain.

Surely in this collarless season the neck claims your attention, and wise is the woman who remembers that just as many people are in the rear as in front of her.

# ANSWERS TO BEAUTY

WING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this ofttimes requires three or four All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be compiled with in regard to personal letters.

Red Nose

Dear Mrs. Symes.

Will you please tell me what makes my nose get red when overheated? Also name a cure.

A READER.

Poor circulation of the blood and the transparency of your skin are probably the causes of your red nose. Daily massage with cold cream will act as a cure.

Cheeks Are Thin

Dear Mrs. Symes.

Do you know any way of rounding out the cheeks? Although I am plump enough otherwise, my cheeks are thin.

Is there any harmless medicine that will increase one's height?

ANXIOUS A. increase one's height? ANXIOUS A.

To make thin cheeks plump, rub a good skin food in with the following movements: To treat the right cheek, place the thumb of the left hand just beyond the corner of the mouth on the left cheek as a brace. Make rotary movements upward and outward, beginning at the corner of the mouth and making three diverging lines of manipulation over the cheek. With the right hand treat the left cheek. About six times over each cheek is sufficient.

I would not advise any one to take medicine with a view to increasing the height. Practicing stretching exercises is the only way to add to one's stature.

To Prevent Curling Dear Mrs. Symes.

Do you know of anything that will prevent the hair from curling? Also, do you know a cure for fieshworms that appear on the nose and under the eyes?

PERPLEXED.

A good bit of oil applied to the hair will make the hair less curly. I am giving the recipe for brilliantine, which you may use for this purpose:

Sweet almond oil ... 8 fluid ounces
Alcohol ... 4 fluid ounces
Glycerin ... 1 fluid ounce
Oll of rose geranium... 12 drops 

Obstinate Freckles

Dear Mrs. Symes.

Will you kindly publish a recipe for obstinate freckles? What will make my hair a little bit darker?

E. L. M. The following is a recipe for a paste which will remove freckles: 

Sage tea may be used to darken the hair. Make a strong brew of dried leaves, strain the liquid carefully through muslin, and to each pint add two teaspoonfuls of alcohol. This should be rubbed on the hair every night before retiring. Tannin, Mole, Hair, Etc.

Dear Mrs. Symes.

1. For at least two months I have been applying fannin to my lips twice a day, but as yet cannot see that it has had any effect. Would you advise anything else?

2. What can lado to remove a mole from the back of my ffeck? It is very disfiguring when I wear Dutch collars.

3. I am 15 years old and about five feet six inches tail. What should my weight and other proportions be?

4. After I have had my hair washed it is extremely unruly and files around terribly. Can you suggest any remedy for this?

5. Not knowing that very hot water would coarsen the hands, I have been accustomed to putting them in almost boiling water when washing the dishes. Fineed not state

the result. Is there anything I can do to remedy this? UGLY DUCKLING. Probably a stronger solution of the tannin will help to reduce your lips.
 It is never safe for an amateur to 

following preparation, then sew the

Cosmetic Glove Paste. Ground barley, the white of an egg, a teaspoonful of glycerin and one ounce of honey.

Liquid Face Powder Dear Mrs. Symes.

Will you kindly publish the formula for your liquid face powder? Thank you in advance.

MELBA. Here is the recipe you desire: Shake well and apply with a soft sponge or an antiseptic gauze. The face must be well wiped off before the liquid dries or it will be streaked.

The Electric Needle

Dear Mrs. Symes.

I would like to know it the electrical needle is a permanent cure for superfluous hair, and will it leave the pores enlarged after the operation?

Can you tell me how to make long, straight eyelashes curly?

The location of the location straight eyelashes curly?

The electric needle is the only thing which will remove the hairs permanently, and if properly manipulated it will not leave large pores.

I know of no method whereby eyelashes may be made curly. You should feel grateful that your lashes are long.

A Breath Sweetener Dear Mrs. Symes.

Wilf you please publish a recipe for bad breath? I know it is not on account of bad teeth.

DISTRESSED ELLA. breath? I know it is not on account of bad teeth. DISTRESSED ELLA.

If your general health is not good, your breath cannot be sweet. Breath tablets or mouth washes will be of no avail if the digestion is impaired, or if there is fever in the blood from constipation, or if the liver is not acting properly. If you yourself are not able to locate the trouble, it would be worth while consulting the advice of a physician, who will be able to give you the quickest yet safest cure.

To Remove a Mole Dear Mrs. Symes.
Will you kindly tell me whether it is possible for moles to be removed by means of electrolysis without leaving a scar?

A. B.

Expert operators say that moles can be removed by electrolysis so that no scars will remain. Before going for such an operation you should make certain that the operator is reliable.

Shaved Eyebrows

Dear Mrs. Symes.

A few days ago, yielding to a very foolish impulse. I shaved off my eyebrows. When will they come out again? Will they be darker this time? Will any harm resuit? Though a boy, I have been an interested readersof your department. READER.

It is impossible to say just when the eyebrows will grow out again, and one cannot tell whether they will be darker. No harm will result, but the effect if has on one's appearance should be enough to control one's wish. To hasten the growth of the eyebrows, rub vasouline into them daily.

## ADVICE ON SOCIAL CUSTOMS

Mrs Chester Adams most cordually mertos har friends to bring to her their Social Prolloms and Perplexities by letter at any time

#### THE INTERRUPTER

AM going to talk today of one form of ill-breeding that is frequently met in gatherings of people who consider themselves polite and would perhaps be shocked if any imputation were laid at their doors. Have you ever been interrupted in the recital of a story by a. woman or a man? And do you remember your vague annoyance at the break in the chain of thought and attention that followed? The habit of interrupting the words or action of another springs, I think, from a lack of thought, which, you know, is a lack of breeding. Let me give you a little conversation that I heard the other day. There were three women sitting on the hotel veranda and a little boy playing on the porch. One was a visitor, who had just come for a friendly call, and I think that she had a message to deliver. I say I think, for the hostess never allowed her to give it. "I met Cousin Anna the other day. She asked me to say-" woman or a man? And do you remember your vague annoyance at the break in the chain of thought and attention that followed? The habit of interrupting the words or action of another springs, I think, from a lack of thought, which, you know, is a lack of breeding. Let me give you a little conversation that I heard the other day. There were three women sitting on the hotel veranda and a little boy playing on the porch. One was a visitor, who had just come for a friendly call, and I think that she had a message to deliver. I say I think, for the hostess never allowed her to give it. "I met Cousin Anna the other day. She asked me to say—"

"Oh, is she married yet? The last time I saw her she was engaged to John Blank, and seemed perfectly" toold that Mrs. Brown simply would not give any one the chance to complete a sentence.

I need not talk very much more about this. You will agree with me that no matter how attractive and interesting that hostess is, she is rude.

Any woman who cannot sufficiently concentrate her interest or attention on the guest or talker is lacking in an element of consideration. She has my sympathy and a sincere wish that to interrupt another after the conversation has been begun is as lacking in civility as to snatch an article from another's hands.

Interrupting is largely a matter of habit. Let serious thought on the subject help you to break the chains that have been forged unconsciously from day to day. Be a polite listener!

happy. I knew him when I was a little girl. What is he doing now?" said the interrupting hostess.

"He is in business for himself, I believe" was the

said the interrupting hostess.

"He is in business for himself, I believe," was the answer. "Anna suggested that I—"

"I wonder what business he has now? He always changed from one thing to another. You never could rely upon his stability of character. I really am afraid for Anna's peace of mind."

"Oh, I would not worry about that," suggested the third woman. "She is a happy woman, and—"

"Bobbie," said the hostess, "come here, right away! Just look at your blouse—all dirty. What can I do with a boy like that?" She brushed him and scoided him and sent him up to the room. There was an attempt at a discussion on how to dress children, interrupted many times, of course.

Finally the visitor rose. She bade them goodby. She did not invite the interrupter to her little tea at the country club. And when her cousin asked her if Mrs. Brown would come, she was told that Mrs. Brown simply would not give any one the chance to complete a sentence.

### \* SOLUTIONS TO SOCIAL PROBLEMS

Making Introductions

DEAR Mrs. Adams.

Will you please tell a girl of 16 the simplest thing to say in making the following introductions? Introducing a girl and a boy, when making two boys acquainted, or two girls.

Please tell me the correct way to write on the kind of paper I am using.

BESSIE.

when introducing a girl to a boy, the girl's name is spoken first and the boy presented to her; as, "Miss Brown, may I present Mr. Smith?" When introducing two boys or two girls who are of about the same age, it makes no difference whose name is mentioned first. When there is an obvious difference in the ages of two men or two women being introduced, the younger is presented to the older.

A letter should be written so that when the recipient reads it she may turn the leaves in their proper order, just as one does when reading a book.

How Often to Call

Dear Mrs. Adams.

1. Which is proper, to take a young man's arm to be escorted, or to let him take my arm? Please give me general information on this subject.

2. How often should a young man call on a lady friend whom he has known but a short time?

3. Is it proper for me to accept the invitation of a young man whom I have known for several years, but who has never called upon me, to attend a theater?

4. Is it proper for a young lady who has

regular company to accept another gentle-man's invitation to go with him occasion-ally?

1. If you are in great need of assist-ance the young man should offer his arm. It is never proper for a man to take hold of a woman's arm.

2. He should not make himself con-spicuous by making too frequent calls.

3. No; he should call first, so that you and your family may have an op-portunity to become acquainted with him. 4. If she is not engaged to the young man it is perfectly proper for her to accept the attentions of other men.

Heard He Was Engaged

Dear Mrs. Adams.

I have been going with a young man, and at times he goes with one of my girl friends. I have heard that he was engaged to this other girl. Would you advise me to discontinue going with him?

IGNORANT. First find out if what you heard is true. If he is engaged to the young girl, out of kindness to her you should not permit him to pay attention to you.

One at a Time

Dear Mrs. Adams.

1. I am a girl of 18 and am going with a young man. We are not engaged and never expect to be. The girls say I am silly and foolish because I will not go out with or encourage any of the other boys. Do you think I am doing right? Of course,

I grant that a man, when not engaged to a girl, should not monopolize her time, but I think that when a girl is going with a man she should go with him and not every one else at once. Do you agree with me?

2. Is it all right for me to wear a ribbon bow on my hair?

3. On what finger should an engagement ring be placed and on which a wedding ring?

PERPLEXED,

Almond Paste Smoothes

ring?

1. I do not quite agree with you. I think that a young girl should have many men friends, and not give her time to one only. She will have no opportunity to broaden her views if she does not have the friendship of many.

2. If it is becoming.

3. The engagement ring and the wedding ring are worn on the third finger of the left hand.

At a Social

Dear Mrs. Adams.

1. When at a box social, who should open the box, the girl or boy? Should the girl start eating first?

2. When at a dance with a boy friend, is it right to dance with another boy? If so, when the boy asks me for a dance, should I turn to my escort and ask his permission?

"LOVE." permission?

1. The girl takes the initiative in both cases.

2. A girl is not expected to dance with no one but her escort throughout the whole evening. Before dancing commences he puts his name down on her program for two or three dances. The rest she is at liberty to dance with any of the young men present with whom she is acquainted.

Numerous Questions

Dear Mrs. Adams.

1 I have many girl cousins. Is it proper for my fiance to kies them?

2 Is it proper for seven girls to go to a dance with only one young man?

3 Is it proper for a girl to leave the dance hall to go for an automobile ride without a chaperon?

4 I am going to be married soon and am going to have a quiet home wedding. Is it proper for me to wear gioves?

6. Was it wrong of me to go to a picnic

with one young man and return with another? They are both friends of mine.

6. There is a young man who is very attentive to me. I do not care for him at all and do not encourage him, but still he insists on paying me marked attention. What shall I do to show him that I do not care for him without hurting his feelings?

7. Should my sister's fiance dance with me early in the evening when at a dance? COUNTRY COUNTRY.

1. It is improper for your fiance to take such liberties.

2. It is not improper, but I do not think the girls would have very much opportunity to dance when they had no partners who could exchange dances.

3. No; if the girl is tired of dancing she should inform her escort and her chaperon and then they might go automobiling or go home. This, however, would be very discourteous to the hostess, for it would prove to her that her entertainment was not pleasing.

4. It is necessary to wear gloves.

5. If you made arrangements with the one young man to escort you to and from the picnic, you did wrong to accept another man's company.

6. If you constantly refuse to accept his invitations and ignore his attentions he will soon understand that his company is not desirable.

7. Certainly, if both are willing.

The Correct Way

Dear Mrs. Adams.

What is the correct way of addressing the mother of my future husband both before and after marriage? GRATEFUL.

Before marriage address her as "Mrs. Blank," and after marriage call her "mother" if she requests you to do so. Many daughters-in-law have various names for their new mothers, so that there will be no confusion when referring to one or the other.

No Return Inditations Dear Mrs. Adams.

We live in a small town where there are about an equal number of boys and girls.

A Lonely Girl

Dear Mrs. Adams.

Some girls and boys are going on a picnic. The girls who are giving the piculo
cannot come to a decision as to what games
are proper to play. We are all about 15
years old. We shall be very grateful if
you will suggest some games.

THE COMMITTEE.

The boys are always ready and glad to accept the girls' invitations to their parties, but never give a party or invite the girls to any place. Lately the girls have not been inviting the boys, and the latter are upset over it, saying they are slighted. What shall we find Continue to Invite them? TWG PERPLEXED GIRLIES.

Now, girls, I think you are better able to settle this question than I. It all depends upon whether or not you wish to provide all the entertainment for the boys when they are not grateful enough to invite you to places of amusement. Of course, if you know they have very good reasons for not extending such invitations, then I advise you to continue to have them at your parties.

With a Pubber Jonge

Dear Mrs. Adams

I am a young girl 17 years of age and live with my mother in a respectable part of the city. The girls in this neighborhood and at school have nothing to do with me, as my mother is not considered good. The boys don't seem to have any respect for me. I don't intend to stay here any longer, for I can't stand it. Please give me your advice. I haven't a good education and have no friends. I am not very strong. Would you advise me to go on the stage? Nothing can be worse than where I am I am a good girl and intend to remain so, or I would not be asking you to help me. I rely upon you, for there is no one else to consult, and my mother doesn't care what I do.

I am very sorry for you, my dear girl, and sorry, too, for your neighbors who are narrow-minded emough to hold you responsible for your mother's conduct. I am deeply interested in your case, and my first bit of advice is to urge you not to go on the stage. Evidently, you are not strong enough for such a life Won't you write me again, sending your name and address, so that I may correspond more intimately with you? Why not attend a church in the vicinity, where you will become acquainted with new people and where new interests in life will be offered you? The different clubs of a church should extend a warm, friendly hand to you, and your own goodness will be enough. for your friends found in this way.

Appropriate Games

Appropriate games to be played at a picnic are: Bean bag, baseball, tag; and you might have all sorts of racing contests, giving inexpensive prizes to the winners.

Not Given Preference

Not Given Preference

Dear Mrs. Adams.

A young lady and I are very dear friends—in fact, she says I am her dearest friend, but still she will not permit me to call on her on Sunday evenings, but gives praference to another man. What can be done to rain her society on these evenings? It seems ahe only cares to have me take her to places of amusement when she has no one else to take her, but she denies this accusation.

I have not space to publish all of your letter, but after carefully reading it I cannot help but feel that you should be grateful that the young woman allows you to call. If she has so many admirers I think she is quite generous with her time. Do not cherish the thought that she only wants you when no one else is at hand. You will be unhappy if you do.